

New Year

Fitness Faire New You

Saturday, January 22, 2005 · 10:00 am-2:00 pm

Milpitas Sports Center

1325 E. Calaveras Blvd.

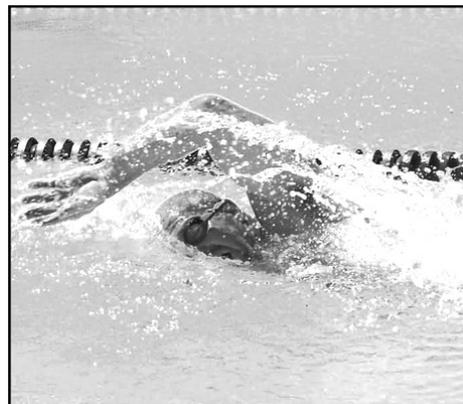
FREE Admission

Become a "New You" with the New Year!



- Blood Pressure Readings
- Body Fat Testing
- Climbing Wall
- Health Lectures
- Lap Swim (12:00-1:00 pm)
- Recreation Swim (1:00-2:00 pm)

- Health Faire
- Fitness Equipment Demonstrations
- Massage
- Fitness Classes (bring or wear your workout gear)
- Prize Drawings



Participating Agencies



www.techcu.com



N. California Health & Acupuncture



Laser Eye Center of Silicon Valley
Milpitas Physical Therapy Center
PRN Physical Therapy
Kaiser Permanente
Warm Springs Chiropractic
Avalon Spa and Salon
GNC

Dawson's Stress Reduction
Borders, Books & Music
Skyhawks Sports Academy
Brown Chiropractic

David Buckelheide, Massage Therapist

 **MILPITAS**
Recreation
Services
The Opportunities Are Endless...

**For more information, call
Milpitas Sports Center at
(408) 586-3225**

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